

Self Confidence PLANNER

SELF-CONFIDENCE CHALLENGE

1	Smile at a stranger	☐
2	Do a workout you enjoy.	☐
3	List five things you love about yourself.	☐
4	Dance to your favourite song.	☐
5	Give someone a compliment.	☐
6	Put on your favourite outfit.	☐
7	Declutter five items.	☐
8	Try something new with your hair.	☐
9	Say this affirmation three times "I am powerful and confident!"	☐
10	Don't talk negatively about other people for the entire day.	☐
11	Get at least eight hours of sleep.	☐
12	Learn something new.	☐
13	Do a little self-care.	☐
14	Do a social media detox.	☐
15	List three things you've accomplished.	☐
16	Reach out to an old friend.	☐
17	Practice a power pose.	☐
18	Buy yourself a gift.	☐
19	Do something you've never done before.	☐
20	Set a goal, create an action plan, and accomplish one task today.	☐
21	Prepare your favourite meal.	☐
22	Stretch	☐
23	Write down five things that you're grateful for.	☐
24	Do something you loved to do as a child..	☐
25	Go to the movies or a restaurant by yourself.	☐
26	Create a vision board.	☐
27	Unfollow all social media accounts that make you feel less than amazing about yourself.	☐
28	Implement a new healthy habit.	☐
29	Say no to something.	☐
30	Talk to stranger.	☐

SELF-CONFIDENCE BUILDER

I like myself because ...

I am loved by ...

Why he/she loves me?

SELF-CONFIDENCE BUILDER

I'M AN EXPERT AT...

I CONSIDER MYSELF PRETTY GOOD AT....

MY BEST CHARACTER TRAIT IS...

I HAVE A NATURAL TALENT FOR...

I FEEL GOOD WHEN I...

I'VE BEEN SUCCESSFUL AT...

I AM CONFIDENT IN REACHING MY GOALS BECAUSE I AM...

SELF-CONFIDENCE BUILDER

PEOPLE COMPLIMENT ME ABOUT...

MY FRIENDS WOULD SAY I HAVE A GREAT...

I'VE BEEN TOLD I HAVE PRETTY...

SELF-ESTEEM JOURNAL

TODAY, I ACCOMPLISHED...

TODAY, I HAD FUN WHEN...

SOMETHING I DID WELL TODAY...

I FELT PROUD WHEN...

TODAY WAS INTERESTING BECAUSE...

I FELT GOOD ABOUT MYSELF WHEN...

I AM CONFIDENT IN REACHING MY GOALS BECAUSE I AM...

SOMETHING I DID FOR SOMEONE...

I HAVE A POSITIVE EXPERIENCE WITH (PERSON)...

COMPLIMENT JAR

COMPLIMENTS TO MYSELF TO GET ME IN THE
HABIT OF BEING KIND TO MYSELF



POSITIVE REINFORCEMENTS

POSITIVE PHRASE / WORDS SPOKEN TO ME FROM SOMEONE TO
REVIEW WHENEVER I'M FEELING DOWN ABOUT MYSELF

[illegible]

NEGATIVE REINFORCEMENTS

[illegible]

MY FEARS

THINGS I'M AFRAID OF	WHAT I CAN DO TO OVERCOME
①	
②	
③	

REFLECTION

DATE : _____

REASONS THAT HINDER ME FROM FEELING CONFIDENT

SOME STEPS I CAN TAKE TO OVERCOME THESE REASONS

☐

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☐

☐

☐

☐

MY PLAN OF ACTIONS

HAPPINESS

DATE : _____

SOME THINGS THAT MADE ME HAPPY AND HOW OFTEN I DO THEM :

MY TOP THREE PLAYLIST SONGS :

☐	_____
☐	_____
☐	_____

TOP THREE SELF-CONFIDENCE QUOTES THAT RESONATE WITH ME

2 THINGS TO BE HAPPY ABOUT TODAY

--	--

MINDSET

PEOPLE WHO'LL HELP ME GROW

[illegible]

ACTIVITIES TO HELP ME GROW

[illegible]

RESOURCES THAT COULD HELP ME

[illegible]

MONTHLY PLANNER

MONTH OF: _____

SMALL THINGS I CAN DO EACH DAY TO HELP BUILD MY CONFIDENCE

SUN	MON	TUE	WED	THU	FRI	SAT

WEEKLY PLANNER

WEEK OF: _____

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

IDEAS & INSPIRATION

WEEKLY GOALS

☐☐☐

TO DO LIST

☐☐☐☐☐☐☐

NOTES

THINGS I'M THANKFUL FOR TODAY

DAILY PLANNER

DATE : _____

MORNING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

AFTERNOON PLAN

1 : 00

2 : 00

3 : 00

4 : 00

5 : 00

EVENING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

PRIORITIES

☐☐☐

TO DO LIST

☐☐☐☐

INTENTION

GRATITUDE

SKINCARE ROUTINE

DATE : _____

MORNING ROUTINE

[illegible]

EVENING ROUTINE

[illegible]

MINDFULNESS JOURNAL

HOW I'M FEELING TODAY:

ONE GOAL FOR TODAY:

I'M PROUD OF MYSELF FOR:

THE HAPPY LIST

WRITE DOWN ACTIVITIES THAT WILL MAKE YOU FEEL HAPPY

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SLEEP TRACKER

MONTH OF: _____

HOURS OF SLEEP

[illegible]

WATER TRACKER

A large, stylized outline of a water bottle. The bottle has a handle at the top. Inside the bottle, there are 12 horizontal dashed lines, each with a number from 1 to 12 centered next to it. The numbers are arranged from bottom to top: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12. The lines are intended for users to mark their water intake throughout the day.

12

11

10

9

8

7

6

5

4

3

2

1

HABIT TRACKER

MONTH OF: _____

HABIT:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

GOAL:

DONE:

REWARD:

HABIT:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

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16

17

18

19

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23

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28

29

30

31

GOAL:

DONE:

REWARD:

HABIT:

1

2

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GOAL:

DONE:

REWARD:

HABIT:

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30

31

GOAL:

DONE:

REWARD:

HABIT:

1

2

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10

11

12

13

14

15

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18

19

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21

22

23

24

25

26

27

28

29

30

31

GOAL:

DONE:

REWARD:

MOOD TRACKER

MONTH OF: _____

A circular mood tracker chart with 31 numbered segments, arranged in a ring. The segments are numbered 1 through 31, starting from the top right and moving clockwise. Each segment is a wedge-shaped section of the circle, designed for tracking mood over the course of a month.

NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

ALL-TIME FAVORITES

BOOKS

☐☐☐☐☐☐☐☐☐

FOODS

☐☐☐☐☐☐☐☐☐

PODCASTS

☐☐☐☐☐☐☐☐☐

VIDEOS

☐☐☐☐☐☐☐☐☐

ALL-TIME FAVORITES

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BUCKET LIST

DATE : _____

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ACTIVITIES CHECKLIST

[illegible]

FINAL REFLECTION

DATE : _____

HOW DID I FEEL ON THE FIRST DAY OF THIS JOURNAL ?

HOW I AM FEELING NOW COMPARED TO DAY 1 ?

REFLECTION

DATE : _____

LOVE LETTER TO MYSELF

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.